

JustEnjoyThis

7 day challenge

Full body challenge

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
35 jumping jacks	60 jump ropes	10 minute run	1 minute mountain climbers	50 jumping jacks	10 minute run	40 jumping jacks
25 squats	20 lunges (each leg)	40 crunches	30 squats	24 lunges (each leg)	40 crunches	30 squats
20 push-ups	25 incline push-ups		25 close grip push up	25 wide grip push-ups		30 push ups
30 crunches	40 v-ups		1 minute plank	40 russian twist		30 lunges
						50 cruches